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| **Minor Award Name** | Exercise and Fitness |
| **Minor Award Code** | 6N5345 |
| **Level** | 6 |

**Suggested resources to support delivery:**

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| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Anatomy & PhysiologyAn Introductory Guide to Anatomy & Physiology 5th EditionThe Fitness Instructors Handbook | WebsiteBookBook | An interactive website covering the major systems of the human bodyA comprehensive book dedicated to anatomy and physiology with a key to anatomical language including multimedia learning resourcesSections of the book cover muscles, bones, joints, | InnerbodyAuthor: Louise TuckerPublished by: EMS PublishingAuthor: Morc CoulsonPublished by: Firefly Books | <http://www.innerbody.com/><http://www.emspublishing.co.uk>/<http://www.fireflybooks.com> |
| Strength Training Anatomy | Book | A comprehensive illustrated book detailing strength training exercises, muscles used with the surrounding joints and skeletal structures | Author: Frederic DelavierPublished by: Human Kinetics | <http://www.humankinetics.com/europe> |
| Advanced Circuit Training | Book | Guidelines on how to structure and design a wide variety of circuits with warm-ups/ cool downs and periodisation | Author: Debbie Lawrence and Bob HopePublished by: A & C Black Publishers | <http://www.bloomsbury.com> |
| The Aerobics Instructor’s Handbook | Book | This book provides a guideline to using safe aerobic teaching techniques utilising different teaching methods. Types of choreography are explained with information on instructional skills, class design, music, cueing, communication and teaching methodologies. Warm-ups, cool-downs, step class and class for special populations are covered. | Authors: Nigel Champion and Greg HurstPublished by: A & C Black Publishers | <http://www.bloomsbury.com> |
| Legal requirements for music | Website | Irish Music Rights Organisation (IMRO) - the national organisation that administers the performing right of copyright music in Ireland. | IMRO | <http://www.imro.ie> |
| Holistic Health‘Wellness from Within’ | BookletAudioOnline doc | This booklet is a tool to help with understanding the concept of wellness and holistic health. | Published by the American Holistic Health Association | <http://www.ahha.org> |
| Sports Stretch | Book | Combines scientific fact about stretching with excellent diagrams covering a multitude of sports | Author: Michael J AlterPublished by: Human Kinetics | <http://www.humankinetics.com/europe> |
| Goal setting‘In Pursuit of Excellence’Sporting Body Sporting Mind | BookBook | A practical guide to motivation and focus. Exploring commitment to goals, distraction management and self-directionThe book contains mental training techniques to assist with high performance | Author: Terry OrlickPublished by: Human KineticsAuthor:John Syer and Christopher ConnollyPublished by; Simon and Schuster | <http://www.humankinetics.com/europe><http://www.simonandschuster.com> |
| Activity guidelines and exercise recommendations | Website | A detailed Irish based website offering guidelines and recommendations on activity levels with a comprehensive suite of booklets and PDF’s for download | Get Ireland Active | <http://www.getirelandactive.ie/> |
| Risk management in the fitness industry | eManualWebsite | An Australian publication on compliance with emergency plans and risk management strategySafety, Health and Welfare Act 2005 covering the legal requirements of all businesses regarding on site health and safety | Australian Fitness Industry Risk ManagementHealth and Safety Authority | <http://www.fitnessriskmanagement.com.au><http://www.hsa.ie> |
| Fitness Programming and AssessmentThe Fitness Leader’s HandbookBody Fitness and Exercise 2nd Edition | BookBook | This book covers the principles of exercise programming for aerobic conditioning, strength and flexibility. It details contraindicated exercise and injury prevention. The practical process of screening clients and fitness assessment is thorough. In addition there are guidelines on exercise programming for the main special population groups.Accessible information with illustrations on good exercise programming giving examples of exercise routines. Clearly outlines good instructional skills and identifies the dangers on incorrect instruction | Author: Garry Egger, Nigel Champion and Allan BoltonPublished by:A & C BlackAuthor: Mo RosserPublished by: Hodder and Stoughton | <http://www.bloomsbury.com><http://www.hoddereducation.co.uk> |
| Designing Training Programmes for Sports‘High Performance Sports Conditioning | Book | Sample training programmes, workout drills, periodization, athletic strength and conditioning | Author: Bill ForanPublished by: Human Kinetics | <http://www.humankinetics.com/europe> |

 **Useful Organisations:**

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| **Name** | **Contact Information** |
| Ireland Active | <http://www.irelandactive.ie/> |
| IDEA | <http://www.ideafit.com>/ |
| World Health Organisation | <http://who.int/> |
| American College of Sports Medicine (ACSM) | <http://www.acsm.org/> |
| Irish Heart Foundation | <http://irishheart.ie/> |
| Register of Exercise Professionals (REPS Ireland) | <http://www.repsireland.ie> |
| Department of Health | <http://www.health.gov.ie> |
| Irish Sports Council | <http://www.irishsportscouncil.ie/> |
| National Strength and Conditioning Association | <http://www.nsca.com/> |
| Australian Strength and Conditioning Association | <https://www.strengthandconditioning.org/> |
| Fitness Professionals | <http://www.fitpro.com/> |
| International Fitness Association | <http://www.ifafitness.com/> |
| American Council on Exercise | <https://www.acefitness.org/> |

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| **MOOCs (Massive Online Open Courses)** |
| Free access to online coursesSearch regularly for new courses and new start dates | <https://www.mooc-list.com/><https://www.futurelearn.com/><https://www.acefitness.org><https://udemy.com/> |